

PLEASE SIGN IN DAILY-THANKS!				
Reminder! Houston Food Bank Truck & Resource Fair Sponsored by: South Texas Dental Wednesday, June 7th (New Time) 9AM-12PM <i>Please bring your own bags.</i> See flyers for more information! MONDAY	• • • • New Dance Class • • • • Beginners & Advanced ZYDECO W/MICHAEL BRANCH & THERESA CHAMBERS Tuesday Night's 6-7pm ***** Zydeco will continue for the month of June. There will be NO Zydeco in July. Zydeco will resume in August. TUESDAY	The PINNACLE Senior Center of Fort Bend County June 2017 Happy Father's Day! 5525-C Hobby Rd. Houston, TX 77053 M-F 7:30am-7:30pm Sat. 8-11am WEDNESDAY	1st & 3rd Saturday Computer Classes (On Hold) w/Ethiopia Hattix Please keep Ethiopia in prayer for the loss of her father, Marshall Hattix Summer Sign Language w/Marsha will meet on Tuesdays from 10-11AM & Thursdays from 2-3PM Please note time change for Thursday THURSDAY	•EVENING SCHEDULE• Monday-5-6pm Line Dance w/Sheila 6-7pm Nighttime Cardio DVD Tuesday-6-7pm-Nighttime Cardio/ZYDECO Wednesday- 6-7pm Line Dance w/Bonnita 1st Thursday-6-7pm Line Dance w/Faye 2nd, 3rd & 4th Thursday 6-7pm Two Stepping w/Marvin Friday-6-7pm- Nighttime Cardio DVD FRIDAY/SATURDAY
Visit the Wellness Center Carolyn Lyons, LVN Monday & Wednesday 9AM-4PM Blood Pressure & Diabetes Testing • • • • • Donna Sullivan (Interim) City of Houston Monday and Thursday 8:30AM-12:30PM Drop-Ins Welcome	The Pinnacle will be CLOSED on the morning/afternoon of June 23rd from 10:30AM until 3:00PM • • • • • Staff will be attending the Health & Human Services Annual Meeting in Rosenberg Schedule will resume from 3:00 - 7:30 PM	SILVERADO VIRTUAL DEMENTIA TOUR <i>The Virtual Dementia Tour allows participants to experience the overwhelming effects of trying to perform everyday tasks for a person living with memory loss.</i> Limited tours so please sign up at the front desk. Each tour is 15 minutes. Thursday, June 8th 10AM-1PM	1) 8am- Wake Up & WALK! <u>9-10am-Functional Fitness w/Freeman</u> <u>9-11am-Ping Pong Open Play</u> <u>10am- Go Cruising Library Programming</u> <u>10:30-11:30am-Chair Fit /Freeman</u> <u>11am-Noon-Healthy Eating w/Deanne</u> <u>11:30am- Zumba DVD</u> <u>2-3pm-Sign Language w/Marsha</u> <u>2-6pm-The Peak Table Games</u> <u>6-7pm-Line Dance w/Faye</u>	2) 8am- Wake Up & WALK! <u>9am-Freeman's Fitness Friday</u> <u>10am-Chair Fit DVD w/Freeman</u> <u>11AM- Chair Yoga w/Shanthi</u> <u>12-2pm- Wild & Wooly Women</u> <u>2-6pm-The Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD</u> Saturday 6-3-17 8am-Wake Up & Walk DVD 8:30-10:30am-The Pinnacle Voices 9am-ZUMBA w/Valerie
5) 8am- Wake Up & WALK! <u>8am-1pm</u> Market Place Monday <u>9am-Fitness w/Freeman</u> <u>10am-Line Dance w/Sheila</u> <u>11am-ZUMBA w/Valerie</u> <u>1pm-Fitness w/Freeman (Flexibility)</u> <u>2-6pm</u> The Peak Table Games <u>5-6pm-Line Dancing w/Sheila</u> <u>6-7pm-Nighttime Cardio DVD</u>	6) 8am- Wake Up & WALK! <u>9am-Strength Training w/Freeman</u> <u>9am-Chair Fit DVD w/Freeman</u> <u>10am-Self Defense w/Kenneth & GM Gerald</u> <u>10-11AM-Sign Language w/Marsha</u> <u>11am- Greater Works Bible Study TP</u> <u>11am-Chair-Fit w/Freeman</u> <u>12:00pm- Zumba DVD</u> <u>1pm-Afternoon Fitness w/Valerie-</u> <u>3pm- Bridge "The Peak"</u> <u>3-6pm- The Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD/ZYDECO</u>	7) 8am- Wake Up & WALK! <u>9am- Fitness w/Freeman</u> 9AM-Noon-Houston Food Bank <u>9-11am-Ping Pong- Cancelled</u> <u>10am-ZUMBA w/Valerie</u> <u>11am-Two Stepping w/Marvin & Kenneth</u> <u>12-1pm-Line Dancing w/Faye</u> <u>12-2pm- Wild & Wooly Women</u> <u>1pm-Fitness w/Freeman (Ab Workout)</u> <u>2-6pm-The Peak Table Games</u> <u>6-7pm-Line Dance w/Bonnita</u>	8) 8am-Wake Up & WALK! <u>9-10am-Functional Fitness w/Freeman</u> <u>9-11am- Ping Pong Open Play</u> <u>10am-Grandparent Resources Library Programming</u> <u>10:30-11:30-Chair Fit w/Freeman</u> <u>11:30am- Zumba DVD</u> <u>2-3pm-Sign Language w/Marsha</u> <u>2-6 pm-The Peak Table Games</u> <u>6-7pm-Two Stepping w/Marvin</u>	9) 8am- Wake Up & WALK! <u>9am-Freeman's Fitness Friday</u> <u>10am-Chair Fit DVD w/Freeman</u> <u>10AM-11AM Bling It w/Harriett Peak</u> <u>11AM-12PM-BINGO w/Angelia</u> <u>11AM- Chair Yoga w/Shanthi Peak</u> <u>12-2pm-Wild & Wooly Women</u> <u>3-6pm-The Peak Table Games</u> <u>6-7pm-Nighttime Cardio DVD</u> Saturday 6-10-17 8am-Wake Up & Walk DVD 9am-ZUMBA w/Valerie
Schedule Subject to Change, please call 832-471-2765 <i>Especially inclement weather days</i>	Thanks to: Mary Ine-1000 Cups Delores Brown-Creamer & Sweetener Brenda Campbell-3packs of cups Gwen Henderson-Coffee/Sugar	Please remember to support our VOLUNTEERS with your kind and generous donations! All classes except Freeman's are Taught/Facilitated by Volunteers!!!!	Hamilton FREE Phones June 22nd 10-11AM Please sign up!	Continued on back→ Visit us online at: www.fortbendcountytexas.gov under Departments/Health & Human Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>12) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>-Line Dance w/Sheila <u>11am</u>-ZUMBA w/Valerie <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2-6pm</u> The Peak Table Games <u>6-7:15PM</u> HOA Meeting Peak <u>5-6pm</u>-Line Dancing w/Sheila <u>6-7pm</u>-Nighttime Cardio DVD</p>	<p>13) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>-Chair Fit DVD w/Freeman <u>10am</u>- Self-Defense w/Kenneth & Grand Master Gerald <u>10-11AM</u>-Sign Language w/Marsha <u>11am</u>- Greater Works Bible Study TP <u>11am</u>-Chair-Fit w/Freeman <u>12:00pm</u>- Zumba DVD <u>1pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>- Nighttime Cardio DVD/ZYDECO</p>	<p>14) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>-Ping Pong w/Su Bao <u>10am</u>-ZUMBA w/Valerie <u>11am</u>-Two Stepping w/Marvin & Kenneth <u>12-1pm</u>-Line Dancing w/Faye <u>12-2pm</u>- Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonnita</p>	<p>15) <u>8am</u>-Wake Up & WALK! <u>9-10am</u>-Functional Fitness w/Freeman <u>9-11am</u>- Ping Pong Open Play <u>10am-3-D Printing Basics Library Programming</u> <u>10:30-11:30</u>-Chair Fit w/Freeman <u>11:30am</u>- Zumba DVD <u>2-3pm</u>-Sign Language w/Marsha <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>16) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>10am</u>-Chair Fit DVD w/Freeman <u>11AM</u>- Chair Yoga w/Shanthi <u>12-2pm</u>-Wild & Wooly Women <u>12-3pm</u>-Red Hat Society "The Peak" <u>3-6pm</u>-The Peak Table Games <u>6-7pm</u>-Nighttime Cardio DVD <u>Saturday 6-17-17</u> 8am-Wake Up & Walk DVD 8:30-10:30am-The Pinnacle Voices <u>9am-ZUMBA w/Valerie</u></p>
<p>19) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>-Line Dance w/Sheila <u>11am</u>-ZUMBA w/Valerie <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2-6pm</u> The Peak Table Games <u>5-6pm</u>-Line Dancing w/Sheila <u>6-7pm</u>-Nighttime Cardio DVD</p>	<p>20) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>-Chair Fit DVD w/Freeman <u>10am</u>- Self-Defense w/Kenneth & GM Gerald <u>10-11AM</u>-Sign Language w/Marsha <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair-Fit w/Freeman <u>12:00pm</u>- Zumba DVD <u>1pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>- Nighttime Cardio DVD/ZYDECO</p>	<p>21) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>-Ping Pong w/Su Bao <u>10am</u>-ZUMBA w/Valerie <u>11am</u>-Two Stepping w/Marvin & Kenneth <u>12-1pm</u>-Line Dancing w/Faye <u>12-2pm</u>- Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonnita</p>	<p>22) <u>8am</u>-Wake Up & WALK! <u>9-10am</u>-Functional Fitness w/Freeman <u>9-11am</u>- Ping Pong Open Play <u>10am-Budgeting Tips & Tricks Library Programming</u> <u>10:30-11:30</u>-Chair Fit w/Freeman <u>11:30am</u>- Zumba DVD <u>2-3pm</u>-Sign Language w/Marsha <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>23) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday The Pinnacle will be CLOSED from 10:30AM until 3PM. Schedule will resume from 3-7:30PM. (See above) <u>3-6pm</u>-The Peak Table Games <u>6-7pm</u>-Nighttime Cardio DVD <u>Saturday 6-24-17</u> 8am-Wake Up & Walk DVD <u>9am-ZUMBA w/Valerie</u></p>
<p>26) <u>8am</u>-Wake Up & Walk! <u>9am</u>-Fitness w/Freeman <u>10am</u>-Line Dance w/Sheila <u>11am</u>-ZUMBA w/Valerie <u>1pm</u>-Fitness w/Freeman (Flexibility) <u>2-6pm</u> The Peak Table Games <u>5-6pm</u>-Line Dancing w/Sheila <u>6-7pm</u>-Nighttime Cardio DVD</p>	<p>27) <u>8am</u>-Wake Up & WALK! <u>9am</u>-Strength Training w/Freeman <u>9am</u>-Chair Fit DVD w/Freeman <u>10am</u>- Self-Defense w/Kenneth & GM Gerald <u>10-11AM</u>-Sign Language w/Marsha <u>11am</u>- Greater Works Bible Study <u>11am</u>-Chair-Fit w/Freeman <u>12:00pm</u>- Zumba DVD "Peak" <u>1pm</u>-Afternoon Fitness w/Valerie <u>1-3pm</u>-Bridge 3-6pm Peak Table Games <u>6-7pm</u>- Nighttime Cardio DVD/ZYDECO</p>	<p>28) <u>8am</u>- Wake Up & WALK! <u>9am</u>- Fitness w/Freeman <u>9-11am</u>-Ping Pong w/Su Bao <u>10am</u>-ZUMBA w/Valerie <u>11am</u>-Two Stepping w/Marvin & Kenneth <u>12-1pm</u>-Line Dancing w/Faye "JUNE" Birthday Celebration @ Noon <u>12-2pm</u>- Wild & Wooly Women <u>1pm</u>-Fitness w/Freeman (Ab Workout) <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Line Dance w/Bonnita</p>	<p>29) <u>8am</u>-Wake Up & WALK! <u>9-10am</u>-Functional Fitness w/Freeman <u>9-11am</u>- Ping Pong Open Play <u>10am-Adult Coloring Library Programming</u> <u>10:30-11:30</u>-Chair Fit w/Freeman <u>11:30am-4pm</u>-Missouri City Bridge <u>11:30am</u>- Zumba DVD <u>2-3pm</u>-Sign Language w/Marsha <u>2-6pm</u>-The Peak Table Games <u>6-7pm</u>-Two Stepping w/Marvin</p>	<p>30) <u>8am</u>- Wake Up & WALK! <u>9am</u>-Freeman's Fitness Friday <u>10am</u>-Chair Fit DVD w/Freeman <u>11AM</u>- Chair Yoga w/Shanthi <u>12-2pm</u>-Wild & Wooly Women <u>3-6pm</u>-The Peak Table Games <u>6-7pm</u>-Nighttime Cardio DVD <u>Saturday 7-1-17</u> 8am-Wake Up & Walk DVD <u>9am-ZUMBA w/Valerie</u></p>

To participate in Programs & Activities you must complete a Registration Form and Sign a Release of Liability Waiver